

## Fasting Blood Test

### Preparation

This test requires you to fast from midnight the night before the test until the test is completed. It is preferable to have the test completed in the morning.

- Do not eat
- Do not drink juice, tea, coffee, milk etc.
- Do not chew gum or lollies.
- Do not smoke

**You may drink water, and we recommend you stay hydrated and take all regular medication.**

### Collecting the specimen

Please attend one of our pathology collection centres (in the morning) for your blood test.

### Equipment

None for this test



### Safety Precautions

**Unless advised by your doctor, please continue to take all regular medications.**

**If you are a diabetic, ask your doctor when you should take your tablets and/or insulin**

### Labelling the specimen

None for this test

### Delivering the specimen

Test results will be sent to your requesting doctor and/or clinic you attend.

**See next page for full list of collection centres**